

**JOIN OUR PARENTING  
CLASSES!**

**Where we  
will offer the  
workshops:**



## **NURTURING PARENTING FOR ADOLESCENTS**



Nurturing Parenting®  
Established 1983

**In Spanish**

**For parents with adolescents**

**Mondays: in person**

**Address: B4 Church**

**13565 SW Walker Rd, Cedar Hills,  
OR, 97005**

**12:00 pm - 2:00 pm**

**Start: January 10, 2022**

**End: May 2, 2022**

**Some topics to be discussed:**

- How to better communicate with your adolescent
- How to help your adolescent manage emotions

## **OPENING DOORS**

**In Spanish**

**For parents with young  
children**



**Abriendo Puertas  
Opening Doors**

**Mondays: virtual mode**

**5:00 pm - 7:00 pm**

**Start: January 24, 2022**

**End: April 18, 2022**

**Some topics to be discussed:**

- My child grows
- I am my child's first teacher

**REGISTER HERE:**  
<https://bit.ly/3oTIFfZ>

